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NEWS WORTH SHARING.

FROM SHEER-PANTS FACEPLANT TO UPWARD-FACING DOG?

LULULEMON IS BREATHING THROUGH A DIFFICULT POSE AFTER BAD KARMA COST THEM IN THE BATTLE FOR YOGI SUPREMACY PAGE 5

THIS EASY RIDER'S PAYING IT FORWARD

Advanced Collision owner Patrick Mengel, left, and Premier Brad Wall have gotten their hands dirty while beginning to transform a 1968 Shelby Mustang clone into a Saskatchewan Roughriders-themed car. The convertible will be auctioned off this summer, with proceeds going to the Alzheimer Society of Saskatchewan and minor-league football. Story, page 2. SARAH TAGUIAM/METRO

Ill man isolated over fears of viral infection

Saskatoon. Patient recently returned from Liberia, and officials haven't ruled out Ebola as a cause

A man has been isolated at a Saskatoon hospital over concerns that he's possibly carrying a strain of a viral hemorrhagic fever contracted in west Africa.

The man recently returned to Saskatchewan from a visit to Liberia and has been experiencing high fever among other symptoms, a provincial health official said on Monday.

"We recognize that there's going to be a fair amount of concern, and that's why we wanted to go public with this as soon as possible and dispel some of those myths out there," Dr. Denise Werker, Saskatchewan's deputy chief medical officer, told reporters in Regina.

Viral hemorrhagic fever is a generic name for several diseases stemming from deadly viruses such as Ebola and Lassa, which are rampant in some African countries.

Affected patients usually suffer from high fevers, bleeding from the mouth or eyes and organ failure.

Health-care workers tending to the patient in Saskatoon are wearing goggles, masks, gowns and gloves for protection.

Werker was, however, quick to emphasize that the incident holds "no risk to the general public at all."

"Hemorrhagic fever is not a highly infectious disease. People need to be in close contact with blood and body fluids," she stressed.

Werker added that healthcare staff not wearing proper protective clothing are most at risk of contracting the disease from such patients.

A current outbreak of Ebola hemorrhagic fever in Guinea might have spread to the borders of Liberia, where the Saskatchewan man was doing field work, she said.

She added that the disease has a 21-day incubation period, and the man didn't develop symptoms until he arrived in Canada.

Specimens have been sent from Saskatoon to the National Microbiology Laboratory in Winnipeg for analysis. Results are expected on Tuesday.

Health officials have not released details about the man, including his age or occupation. They also haven't named the hospital where he's being treated. SARAH TAGUIAM/METRO

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Premiers

Wall says he's no weasel, whatever Marois may think

Premier Brad Wall is making light of his Quebec counterpart's comments calling him a mischief-maker.

In French, Quebec Premier Pauline Marois told La Presse on Monday that Wall is "un ratoureux, qui essaie toujours de me faire trébucher," which loosely translates to "a weasel who is always trying to trip me up."

Becoming aware of the comments through Twitter, Wall fired back that he tries only to trip up Saskatchewan's opposition.

Wall said he doesn't know the reason for Marois' comment, but added that the relationship between Saskatchewan and Quebec isn't problematic.

"We've been at one meeting together, and there's no concerns on that front," he said, referring to a Council of the Federation meeting last July.

"In Saskatchewan, you know, we like everybody."

However, Wall has been publicly critical of Quebec on several fronts, including its move to pull out of a national health-care working group.

He has also slammed changes to a federal immigration investor program favouring the francophone province and has questioned trade arrangements between the two jurisdictions.

"We'll meet again at the Council of the Federation meeting in August, depending on what people in Quebec say in the election," Wall said, noting a provincial vote in Quebec slated for April 7.

He added that he will continue working with Marois if she's re-elected.

SARAH TAGUIAM/METRO

Memorandum signed to develop cancer surveillance system

Métis Nation Saskatchewan (MNS) president Robert Doucette, left, Federation of Saskatchewan Indian Nations vice-chief Kimberly Jonathan and Jon Tonita, vice-president of the Saskatchewan Cancer Agency, sign a memorandum of understanding on Monday to develop a cancer surveillance system. Signed at the MNS headquarters in Saskatoon, the memorandum is aimed at gaining better information on the impact of cancer on aboriginals. With more than $1 million from the Canadian Partnership Against Cancer, a new system will review cancer services while examining ways to develop the surveillance. MORGAN MODJESKI/METRO IN SASKATOON

Tax break request downgraded

Football club.
Roughriders no longer seeking part of exemption for Mosaic Stadium

MARCO VIGLIOTTI
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The Saskatchewan Roughriders are dropping part of their initial request for a property tax exemption at the site of Mosaic Stadium.

The football club had sought tax breaks from city hall for three locations at and around the stadium.

The Riders, however, are willing to withdraw their request for an exemption on property at the famed field that the CFL club leases from the city.

"The club would be willing to remove the request for an exemption on the Mosaic Stadium property taxes totaling $42,515," Jim Hopson, president and CEO of the non-profit franchise, said in a letter to council dated March 10.

Subtracting the stadium property, the team's remaining tax exemption requests — for two bordering parking lots — amount to a total of less than $10,000 for the year.

City council was to weigh the request at its meeting on Monday evening, though it hadn't dealt with the matter by press time.

The value of all possible property tax exemptions that went before council, for the Roughriders and various other organizations, is more than $2.5 million.

Hopson said the football team does "appreciate and understand" the public's largely negative reaction to news of the exemption requests from the franchise.

After years of financial turmoil, the community-owned Riders have become a pillar of strength among CFL franchises.

Hopson, however, said any surpluses go back into necessary investments in the team.

He added that the club has spent $3.6 million between 2005 and 2011 on improvements to Mosaic Stadium.

Wall helps transform Shelby convertible for charity

Premier Brad Wall is helping fix a ride to raise funds for the Alzheimer Society of Saskatchewan, and for minor-league football.

Wall, along with several donors, purchased a 1968 Shelby Mustang clone for $53,000 US at an auction this past weekend.

He's helping members of the Advanced Collision vehicle repair company transform the car into a Saskatchewan Roughriders-themed convertible.

"We're customizing it in a very tasteful way with some Roughriders stuff," Wall said on Monday at the Regina repair shop.

Advanced Collision owner Patrick Mengel said the car will be decked in Roughriders green, white stripes and badging.

On the weekend, the premier joined the auto body crew in starting the work and taking off the car's upholstery.

He said he wants to be involved, because it's a cause close to his heart.

"My grandpa died with Alzheimer's," Wall said, "and it's touched so many lives in our province."

The car will be auctioned off during a fundraiser in the summer.

"We're always willing to help out a charity," Mengel said, "and do … kind of a pay-it-forward type of thing."

According to Mengel, they have heard from parties interested in the auction.

"My phone blew up on Saturday night from people interested in making a bid," he said.

Mengel estimates that the convertible could sell for a six-figure sum.

SARAH TAGUIAM/METRO

Despair. Grief takes over hope for family members

Relatives shrieked and sobbed uncontrollably. Men and women nearly collapsed, held up by loved ones. Their grief came pouring out after 17 days of waiting for definitive word on the fate of the passengers and crew of the missing Malaysia Airlines jet.

Malaysia's prime minister gave that word late Monday in an announcement from Kuala Lumpur, saying there was no longer any doubt that Flight 370 went down in the southern Indian Ocean.

Relatives of passengers in Beijing had been called to a hotel near the airport to hear the news, and some 50 of them gathered there. Afterward, they filed out of a conference room in heart-wrenching grief.

One woman collapsed and fell on her knees, crying, "My son! My son!"

Medical teams arrived at the Lido hotel with several stretchers and one elderly man was carried out of the conference room on one of them, his face covered by a jacket. Minutes later, a middle-aged woman was taken out on another stretcher, her face ashen and her blank eyes seemingly staring off into the distance.

THE ASSOCIATED PRESS

A relative cries in Beijing, Monday.
NG HAN GUAN/THE ASSOCIATED PRESS

What we know. Tragedy confirmed, but little else

THE PLANE CRASHED: Malaysian Prime Minister Najib Razak said satellite data showed Flight MH370 "ended in the southern Indian Ocean," confirming the plane that disappeared more than two weeks ago went down in a remote corner of the ocean.

ITS LAST POSITION: A British company calculated satellite data obtained from the remote area of the ocean, using analysis never before used in an aviation investigation of this kind, and pinpointed the last spot the flight was seen in the air was in the middle of the ocean west of Perth, Australia.

NO SURVIVORS: Najib left little doubt that all 239 crew and passengers died; the father of an aviation engineer on the flight said, "We accept the news of the tragedy. It is fate." THE ASSOCIATED PRESS

Acceptance

"We accept the news of the tragedy. It is fate."

Father of an aviation engineer who was travelling on the flight, after listening to the statement of the Malaysian prime minister.

Malaysian Prime Minister Najib Razak speaks during a press conference for the missing Malaysia Airlines Flight MH370, in Kuala Lumpur on Monday.
JOSHUA PAUL/THE ASSOCIATED PRESS

Flight 370 crashed: Malaysia's PM

No survivors. Satellite data indicates plane flew into remote waters of Indian Ocean

Quoted

"I must inform you that, according to this new data, Flight MH370 ended in the southern Indian Ocean."

Malaysian Prime Minister Najib Razak

The missing Malaysia Airlines plane crashed into a remote corner of the Indian Ocean, the nation's prime minister said Monday night, citing a new analysis of satellite data. The statement was the first step toward resolving a two-week-old mystery that has consumed the world.

But with the location of Flight 370 itself still unknown — most likely somewhere at the bottom of the sea — questions remain about what brought down the aircraft and why.

Dressed in a black suit, Prime Minister Najib Razak announced the news in a brief statement to reporters, saying the information was based on an unprecedented study of data from a satellite that had received signals from the plane.

He said the data indicated that the Boeing 777, which took off from Kuala Lumpur for Beijing on March 8 with 239 passengers and crew, flew "to a remote location, far from any possible landing sites."

He gave no indication of exactly where in the Indian Ocean the plane was last heard from, or what the next step in finding it would be. The grueling hunt could take years, or the plane's main fuselage may never be found at all.

The search is now considered a race against time because of the battery life of the "pinger" in the plane's black box, which may run out in the next two weeks.

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Chicago. Train ends up on escalator after jumping tracks at O'Hare airport

An eight-car Chicago public-transit train jumped the tracks, skidded across a platform and scaled an escalator that leads to a busy U.S. airport early Monday, injuring 32 people.

Investigators had not drawn any conclusions into the cause of the derailment at the end of the Blue Line at O'Hare International Airport, but were looking into whether faulty brakes, signals or human error were factors, National Transportation Safety Board investigator Tim DePaepe said Monday.

The Chicago Transit Authority train operator, who was still hospitalized, will be interviewed, DePaepe said, and investigators will examine her routine over the last few days.

The timing of the crash — just before 3 a.m. Monday — helped avoid an enormous disaster, as the underground Blue Line station is usually packed with travellers coming to and from Chicago. No one suffered life-threatening injuries.

Denise Adams, a passenger on the train, described the impact to the Chicago Sun-Times.

"I heard a 'Boom!' and when I got off the train, the train was all the way up the escalator," she said. "It was a lot of panic."

Investigators will review video footage from a camera in the station and one that was mounted on the front of the train, DePaepe said. The train will remain at the scene until the NTSB has finished some of its investigation, after which crews will remove the train and fix the escalator that has "significant damage."

THE ASSOCIATED PRESS

A Chicago Transit Authority train car rests on an escalator at the O'Hare Airport station after it derailed early Monday in Chicago, injuring more than 30 people.
KENNETH WEBSTER/NBC CHICAGO/THE ASSOCIATED PRESS

Ukrainian sailors meet their comrades in Donuzlav, Crimea, Monday. Russia on Monday slapped an entry ban on 13 Canadian lawmakers and officials in retaliation for Canadian sanctions over Russia's annexation of the Crimea region of Ukraine. PAVEL GOLOVKIN/THE ASSOCIATED PRESS

13 Canadians banned from entering Russia

Crimean crisis. Move is in response to economic sanctions and travel bans on Russian officials, says Foreign Ministry

Quoted

"Canadian officials named today by Russia aren't oligarchs or threatening to annex parts of peaceful neighbours by military force."

Statement by the Department of Foreign Affairs, on Russia slapping an entry ban on 13 Canadian lawmakers and officials, in retaliation for Canadian sanctions over Russia's annexation of Crimea.

Russia on Monday slapped an entry ban on 13 Canadian lawmakers and officials, including House of Commons Speaker Andrew Scheer and government House leader Peter Van Loan, in retaliation for Canadian sanctions over Ukraine.

Russia's Foreign Ministry called the move a response to Canadian travel bans and economic sanctions imposed earlier on a number of Russian officials — "unacceptable action by the Canadian side that has inflicted serious damage to bilateral relations," the ministry said in a statement.

The move follows Canada's decision to act in unison with the U.S. to introduce sanctions targeting members of Russian President Vladimir Putin's entourage following Russia's annexation of Crimea.

Speaking from The Hague, where he is attending a nuclear security summit with Prime Minister Stephen Harper, Foreign Affairs Minister John Baird echoed Liberal MP Irwin Cotler in describing the sanctions as a "badge of honour."

"Any country who thinks that in the 21st century you can simply rewrite the borders of Europe is wrong, and it's of deep concern," Baird said.

"None of the people listed today are threatening the territorial integrity or sovereignty of the Russian Federation. I think it also says we've certainly got the attention of those in the Kremlin."

Russian retaliation was bound to come, said NDP Leader Tom Mulcair.

"It's a sign that we are heading into an era of much chillier relations, but it was predictable. And frankly, if that's the price to pay to start sending a message to Putin, so be it." THE CANADIAN PRESS, WITH FILES FROM THE ASSOCIATED PRESS

Prime Minister Stephen Harper speaks at The Hague, Netherlands, Monday.
SEAN KILPATRICK/THE CANADIAN PRESS

G8 on hold until Putin 'changes course'

Stephen Harper and his fellow G7 leaders say they are suspending their participation in the Group of Eight until Russia "changes course."

In a joint statement, the G7 nations say they will instead meet without Russia.

The move is aimed at isolating Moscow as punishment for its annexation of the Crimean peninsula from Ukraine.

The G7 nations have issued the statement following an emergency meeting today in the Netherlands.

The gathering began on the sidelines of the Nuclear Security Summit, and went about a half hour longer than expected.

Earlier in the day, Harper said economic concerns will have to take a back seat as the West determines how to respond to Russian aggression.

"Within the context of Canadian foreign policy, we will do what we can to maximize the commercial opportunities for our firms," the prime minister told a roundtable with Dutch business representatives.

"But," he continued, "we will not shape our foreign policy to commercial interests." THE CANADIAN PRESS

Alberta

No higher cancer rates in area near oilsands: Study

A study by the Alberta government says Fort Chipewyan, an aboriginal community downstream from the oilsands, doesn't have higher overall cancer rates.

But the Alberta Health Services survey, using data from 1992 to 2011, did find higher than expected levels of two kinds of cancer. James Talbot, chief medical health officer, says relatively high levels of cervical and bile duct cancer are most likely to be attributable to other factors than environmental contamination.

THE CANADIAN PRESS

Ireland

Lawmaker steps down after being caught sexting

He's the Irish Carlos Danger: Patrick Nulty, a 31-year-old lawmaker, has resigned after a newspaper caught him sending sexually suggestive messages to female constituents in Dublin.

Like Anthony Weiner, the New York congressman who used "Carlos Danger" as an alias, Nulty claimed his account was hacked. He admitted responsibility once the newspaper showed him his messages came from inside Dublin's parliament building.

Nulty blamed his messages on late-night drinking.

THE ASSOCIATED PRESS

Lulu
I'm influenced because I used to work for the company and am aware of how to care for and wash the clothes. I choose them because of the quality.
— Rosanna Araujo, 30, yoga instructor-in-training, in head-to-toe Lululemon.
Lolë
Influences: Comfort, ethical practices, durability/quality, style, price.
— Sarah Moore, 34, yoga instructor, in Lolë* top and Moving Comfort bottom.
*Gets a staff discount at Lolë.
Used
I do advise that in these deeply consumeristic times we remember this cautionary thought: 'I say beware of all enterprises that require new clothes, and not rather a new wearer of clothes (Henry David Thoreau).'
Cailin Bator, 28, yoga teacher, in head-to-toe second-hand clothes.
Lululemon
In my clothing I want to feel comfortable, confident and supported. My choices are based on these requirements.
— Hana Lukac, 30, Mula Yoga owner/yoga teacher, in head-to-toe Lululemon*.
*She is a Lululemon ambassador
Tonic
If I'm planning to get hot and sweaty, Karma Wear and Tonic are my definite faves! They're both Canadian-made, and that's a big factor in why I support them.
— Amanda Montgomery, 36, Moksha yoga teacher and birth doula, in Tonic top and bottom, and H&M leg warmers.
Roots
I range from $5 brands, to Roots and Lululemon; Influences: Fabric (I'm on the lookout for natural fibres like cotton and bamboo).
— Judy Trinh, 28, holistic nutritionist/yoga instructor/dental receptionist in Roots top and Under Armour pants.
Nike
I usually wear Lululemon (I am a former employee of Lulu) or Nike. I like clothing that is fitted but comfortable, breathable, Dri-Fit, and moves with my body.
— Farley Tarn, 31, visual merchandiser/marketing/film and photographer/massage therapist/yoga teacher-in-training, in Nike top and old shorts (brand unknown).

Yogis pose at Mula Yoga in Toronto at 80 Mitchell Ave. in their typical practice gear. DAVE STARRETT/FOR METRO

Can they make Lululemonade?

ivivva athletica

Mini yogis = big bucks

Like mother, like daughter? Lululemon has bet that's the case.

The company launched three test ivivva athletica stores exclusively selling workout clothes for girls aged six to 12 in 2009 in Western Canada.

There are now more than 30 ivivva stores and showrooms sprinkled across North America.

"In B.C. ivivva is huge right now," says Susie Wall, a Vancouver-based TV style expert and mother of two young girls.

While some yogi yummy mummies in Lululemon's hometown have moved on to hipper brands, girls are begging those moms to take them to ivivva, says the fashion guru in a phone interview from Whistler, B.C.

Shelling out $62 for Perfect Your Alignment Pants for your perfect princess may seem ridiculous, but many other brands such as Nike and Under Armour also sell children's workout wear.

The young will inherit the Earth, and apparently, a penchant for pricey stretch-pants.

Hot yoga market.

Retail company looks to recover from last year's sheer madness as others set their intention to get in on the profit

MELISSA DUNNE
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"Life is full of setbacks. Success is determined by how you handle setbacks" reads part of Lululemon's manifesto on one of its classic bright-red bags.

Lululemon Athletica Inc.'s leadership has certainly had some setbacks this year.

A recall of sheer pants last spring set off a streak of bad karma the Vancouver yoga-cum-athletic-wear empire has yet to shake. How it continues to handle setbacks will determine the future success of the leader in the increasingly crowded yoga-wear space.

The specialty shop's stock is stuck in downward dog, closing at $49.32 US Monday — down from its June high of $82.50 US.

Lululemon will announce its full fiscal 2013 results Thursday, but it's already downgraded its expected 2013 fourth-quarter earnings due to customer traffic and sales dropping "meaningfully."

The company declined to comment for this story.

Retail analysts are divided on whether the premium-priced workout brand can fight off a long line of big retailers and niche brands looking for a piece of the yogi pie.

Back in the halcyon days of 1998 when Chip Wilson opened a single design/yoga studio in the yuppie Vancouver enclave of Kitsilano, he had no real rivals.

The branding genius basically created a new category.

Women in droves traded their saggy sweatpants for tight stretch-pants emblazoned with a stylized "A" logo.

Lululemon now has almost 250 stores, mainly in North America and Australia, plus showrooms in select global cities. Making pricey pants that flatter bottoms has been very good for Lululemon's bottom line. Its net revenue for the fiscal 2012 year was $1.4 billion US. Despite the success, the brash founder stepped down as chairman last year after seemingly blaming women's thighs for pilling pants. New Lululemon CEO Laurent Potdevin, from feel-good brand TOMS Shoes, is tasked with turning the ship around.

Alan Middleton, a marketing professor at York University, believes the veteran retailer can fight off attacks from the likes of the savvy Joe Mimran, who's hocking $16 Cropped Yoga Pants through his discount Joe Fresh line.

"(Lululemon has) got to market how they're different — emphasizing things like sweat management, stretchability and technology," he says in a phone interview from Toronto. "Joe Fresh will eat into their business if people see no difference between the products."

At first glance, workout wear hanging at Joe Fresh, Gap and H&M could be mistaken for Lululemon. One unmistakable difference is the much lower price-tags. And with 1.4 million Canadians practising yoga, according to Statistics Canada, (and scores more who just want to look like it) clothiers, high and low, now follow the mantra: Yoga equals money.

Global athletic-wear giants, such as Nike, Adidas and Under Armour offer specialty yoga togs for specialty-level prices. Fit fashionistas went wild recently for Nike's Studio Wrap shoe for yoga, dance and barre and the Nike Tight of the Moment-Sparkling Sunburst will hit the racks at high-end retailer Holt Renfrew later this week. Nike's fiscal 2013 revenues were $25.3 billion US, up eight per cent.

While some women look to trendier or cheaper options, Lululemon is looking at men as a growth area.

In a move lauded by analysts the Canadian company aims to have standalone stores just for guys by 2016.

But, Farley Tarn, a 31-year-old Torontonian who worked as a Lululemon educator this holiday season and is training to become a yoga instructor, says getting men to buy a brand mainly associated with women is tough.

"It's kind of a hard sell," says Tarn. "But once you get men to try the clothes on they are hooked because the quality is there."

The high-end label is able to charge $82 and up for women's pants made of its Luon nylon-and-lycra blend fabric because devotees believe in the quality.

But the online retail shop shows there are still some kinks to work out. Of the most recent 20 reviews for the Wunder Under Pant (now in Full-On Luon) at lululemon.com, there are four five-star reviews, but 15 reviews complain of quality issues from sheerness to pilling, with some even adding a " :(" to show their unhappiness.

The cult brand's new CEO will have to find a way to turn those emoticons right-side round if the Canadian success story is to have a happy ending.

Competition

'Same DNA'

Some yogis do not take kindly to international clothing conglomerates like Nike, leading homegrown brands, from Canuck clothier Roots to B.C.'s Tonic, to open a Canadian front in the battle over yoga wear.

Lately Lolë is hot among active women, offering a French twist on yoga wear — namely more restrained colours and cuts.

"For sure we're competitors (with Lululemon), but we're building a category together," says Lolë's CEO Bernard Mariette in a phone interview from Montreal. "It's like we're sisters and brothers, we have the same DNA."

Started in 2002 in Montreal, there are now 27 Lolë Atelier's worldwide. Lolë will expand west and will stretch into men's wear soon.

A different kind of branding

- **Lululemon doesn't pay big bucks to have big celebrities endorse their latest Power Y Tank.** Instead, it recruits "local athletes, instructors and role models" to promote the brand as unpaid "ambassadors." It's a simple, symbiotic relationship that has been key to its success.
- **Ambassadors get free clothes, plus free promotion in-store and online.** The model has been such a hit that other brands, such as rival Lolë, now have similar programs.
- **Lululemon also offers free yoga classes.** Held twice a week at their stores, anyone can join.

There's no housing bubble to burst: Conference Board

New report.
Contrary to many reports, the think-tank says our real-estate market is not too hot

The Conference Board isn't buying the notion that Canada's housing market will suddenly crumble, saying the most likely outlook is for a modest decline nationally and in some specific markets.

The Ottawa-based think-tank argues in a comprehensive new look at real estate in Canada that the conditions for a crash simply don't exist, despite numerous reports that the market is overbuilt and overvalued.

Rather, the report argues that with the possible exception of Toronto, housing starts the past three years have been roughly in line with the 20-year average.

Even in Toronto, there is only a "borderline" case that it could be overbuilt.

"At this point in the housing cycle, there is a risk that Canadian housing prices in some market segments are due for a modest correction," the report states.

There is a case for more dramatic price adjustment further out if higher mortgage rates start crimping affordability, the Conference Board says, but even then it is likely to be a soft rather than a hard landing.

In recent years, some economists and international organizations such as the OECD, the IMF, Deutsche Bank and The Economist magazine have described Canada's housing market in stark terms, characterizing it as among the priciest in the world based on historical averages and other metrics.

THE CANADIAN PRESS

Western Canada

The Conference Board provides an outlook on six major cities, including:

- **Calgary.** Approaching sellers' conditions, noting strong price gains last year.
- **Edmonton.** Balanced, with brisk resale and price growth activity last year.

Vying to be king atop the Toilet 2.0 throne

An exhibitor from Loughborough University demonstrates the use of a toilet during Reinvent the Toilet Fair in New Delhi, India, on Friday. Scientists who accepted the Bill & Melinda Gates Foundation's challenge to reinvent the toilet showcased their inventions in the Indian capital Saturday. The primary goal: to sanitize waste, use minimal water or electricity, and produce a usable product at low cost. India is by far the worst culprit, with more than 640 million people defecating in the open and producing a stunning 72,000 tons of human waste each day — the equivalent weight of almost 10 Eiffel Towers or 1,800 humpback whales. TSERING TOPGYAL/THE ASSOCIATED PRESS

Market Minute

DOLLAR 89.33¢ (+0.12¢)

TSX 14,278.55 (-57.21)

OIL $99.60 (+$0.14)

GOLD $1,311.20 (-$24.80)

Natural gas: $4.29 US (-$0.02)
Dow Jones: 16,276.69 (-26.08)

Mobile-game maker

How sweet will Candy Crush co.'s NYSE debut be?

King Digital, the company behind Candy Crush Saga, is set to make its debut on the New York Stock Exchange this week. THE ASSOCIATED PRESS

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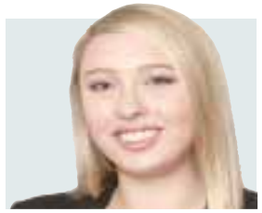


SHE SAYS

Jessica Napier
metronews.ca

North Americans have an insatiable appetite for innovative gadgets — we're obsessed with high-tech tablets, smart televisions and biometric fitness bands — but when's the last time you heard anyone rave about their new microwave?

In a design-focused age of sleek champagne-coloured cellphones and wearable technologies, the boxy countertop oven seems positively archaic. While 90 per cent of U.S. households still own a microwave, the kitchen staple hasn't exactly advanced all that much in terms of design or functionality, which means there's no need to replace them with any sort of frequency. In fact, microwave sales have steadily fallen or stagnated every year for a decade — plummeting a whopping 40 per cent since their peak in 2004, according to a new consumer report from Quartz.

In addition to its durability and unimaginative design, part of the appliance's low sales numbers have to do with lifestyle. Our eating habits are changing; consumers are increasingly interested in cooking freshly prepared meals rather than nuking frozen dinners — which contain about as much nutritional value as a couch cushion.

Cooking with an actual oven is generally healthier, the food tastes better, and there's none of that electromagnetic radiation to worry about.

I've been on the microwave-free bandwagon since my boyfriend broke ours back in 2010 (he would insist that I was the one who broke it, but since he doesn't have a newspaper column, you're going to have to believe me on this one). Since both of us refused to accept responsibility for the busted appliance and purchase a new one, we've simply learned to live without it.

I miss my old countertop microwave approximately twice a month, usually when I'm desperately hungry and trying to heat up leftovers ASAP or when I'm craving popcorn.

However, most of the time I feel liberated by my decision to live without a microwave. I will preach the lifestyle to anyone who will listen.

Not only will giving up your microwave force you to think more consciously about the food you eat, but retiring this bulky device means you'll be able to reclaim a large amount of valuable counter space, which, let's face it, is at a premium in most kitchens.

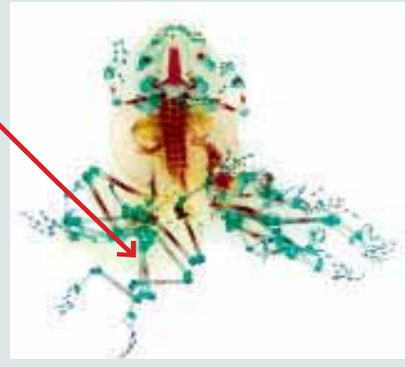
There's no denying the speed and convenience of a microwave — I often curse my preheating oven while I wait for it to climb to 375 F — but some things are more important than eating quickly. Living without one just takes a little patience and planning and yes maybe some extra time to wash the dishes. But trust me, once you broil your first slice of leftover pizza you'll never look back.

Follow Jessica Napier on Twitter @MetroSheSays

ZOOM

This will leave a frog in your throat

For American artist and biologist Brandon Ballengée, deformed frogs are a source of both scientific wonder and artistic vision. Ballengée literally highlighted his research on abnormalities in amphibians by injecting specimens with coloured dyes, before using a high-resolution scanner to create a surreal photographic record. METRO



COURTESY BRANDON BALLENGÉE

Q & A

Art invokes empathy

BRANDON BALLENGÉE
Artist/biologist, 39, based in New York and Montreal

What kind of deformities do these frogs have?
The most common ones are shortened hind limbs. Extra limbs are found less often but may be increasing. These abnormalities are most likely caused by predatory injury or parasitic infection while the frogs were still tadpoles. Predators and parasites are natural, but environmental degradation appears to be increasing this phenomena.

What reaction do you hope to get from your images?
In the artworks, the frogs are scaled to the size of a human child. The idea is to invoke empathy, not fear. If they're too large they become monsters, too small we can too easily psychologically differentiate ourselves from them.

What do your photos say about seeing the magnificent in the monstrous?
The specimen preparation does allow for a level of abstraction, while at the same time revealing the complex architecture of these terrible abnormalities.

This push and pull is important to bring people in close to the art — for a one-on-one experience with an organism they may have had a part in creating.

Clickbait

HANNAH ZITNER
hannah.zitner@metronews.ca

CONTRIBUTED

Wondering what's up with the influx of #nomakeupselfies flooding your social media streams? From Beyoncé to Jessica Alba, people are posting their bare faces after Laura Lippman started the trend to defend actress Kim Novak, who was kind of pummelled online for her Oscar look. Inexplicably, the hashtag became linked to raising awareness for cancer and has since raised $3.7 million for Cancer Research UK through online and texted donations. But just because Beyoncé wants to go bare for the campaign doesn't mean you have to. Here are a few other ways to digitally donate.

#manupandmakeup:
A spinoff of the #nomakeupselfie, the campaign asks men to throw on some lipstick and liner (guyliner if you prefer) and post to social media while donating to Prostate Cancer UK.

Charity Miles:
Donate to charities as you exercise. The app links runners, walkers and bikers with corporations looking to do some charity work.

For every mile you run, the organization donates to a charity of your choice. While $0.25 per mile may not seem like much, for the average marathoner it works out to more than $500 per year. On Android and iOS.

One Today:
The Google app introduces you to a new charity every day. If you're down with their modus operandi, click donate and give just $1 to the organization. On Android and iOS.

Twitter

@metropicks asked: The no makeup selfie is the latest breast cancer awareness trend. Is it effective at raising awareness?

@mtnbvan: No makeup for a day is trivial & doesn't spread breast cancer awareness. Not even close. #LocksofLove yes

@BrillComm: Great to raise awareness, but when putting your digital brand behind a cause important to know the origin & goal

@laurahubb: I don't think it's effective: I did the selfie, and half my FB has. No where did I see it was for breast cancer. Someone. obv omitted down the lines, it kept going. Sad, because doing it for breast cancer would be great.

Follow @metropicks and take part in our daily poll.

WE WANT TO HEAR FROM YOU:
Send us your comments: reginaletters@metronews.ca

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YOU'VE COME TO

10 STEPS TO HOME OWNERSHIP:

A guide to buying your own place.

Buying a home is one of life's biggest achievements. And one of its biggest investments. It can also be one of the most exciting and satisfying events of your life, if you work with the right experts. Here are a few things you need to consider before you walk into your new home:

1

Affordability

While buying a home can be a big investment, you might be surprised by how affordable it can be when you have the right mortgage. Some important considerations are family income, monthly payments, interest rates, property taxes, maintenance fees and closing costs. Talking to a mortgage specialist is a great first step in determining how much you can afford.

2

The down payment

While making a down payment can sound intimidating, the truth is you can pay as little as 5% of your purchase price as down payment with the purchase of mortgage default insurance. It's also important to note that a bigger down payment generally means lower mortgage payments and lower interest costs over the life of the mortgage.

3

Getting pre-approved for a mortgage

A pre-approval helps you understand how much you can afford and gives you the confidence to act quickly and make an offer when you find the right home. Also, the rate you are offered is guaranteed for up to 90 days, giving you time to find that perfect home. Visit bmo.com/preapproval to start your mortgage pre-approval today.

4

Making "The List"

Making a checklist of everything you're looking for in your ideal home will help you get what you want when you are looking for your new place. Keep in mind factors like your budget, lifestyle, distance from work and, of course, what kind of home you're looking for – a condo, townhome, semi-detached or detached home. A Home Comparison worksheet can be downloaded at bmo.com/homebuyersguide to help you manage your search.

5

Choosing a real estate agent

There are many advantages to using a professional real estate agent, and family, friends or neighbours are a good resource for referrals. Real estate agents have the inside track on new listings, can help you narrow down your search, will prepare the Offer to Purchase and other key documentation and will negotiate the price on your behalf.

6

Find the right professionals

Nobody ever reads the fine print. Except maybe a lawyer or notary. So you'll need a qualified one who can make sure all your documents are in order and are explained to you. The earlier you find one, the better. Equally important is the home inspector. Once he or she gives you the thumbs-up, you can be confident that the home you picked is just the way you expect it to be, inside and out.

7

Making the offer

So you've found the perfect home at the perfect price. Now you want to make an offer. Your real estate agent will draft an Offer to Purchase and your lawyer needs to review it to make sure the offer price, closing date and what's included, such as appliances and fixtures, etc. are what you expect. You can also include your own conditions like home inspection and financing guarantees. Once the offer is accepted, you are one step closer to being a new home owner.

8

Arranging for a mortgage

Once the seller says "yes" to your offer, get in touch with your mortgage representative and they will help you finalize your mortgage options such as fixed vs. variable rates, open vs. closed term, amortization and payment schedules.

9

You've got a mortgage. Now protect it.

With mortgage insurance like BMO Mortgage Protection, you can protect your family and assets in case the unexpected happens, such as a disability or involuntary job loss, critical illness or death. In other words, it gives you peace of mind that you're protected when life throws you a curveball.

10

Completing the transaction and getting the keys to your new home

Once your mortgage lender and your lawyer go through the details with a fine-tooth comb, you'll sign the mortgage documents, make the rest of the down payment and cover the closing costs. On closing day, all you'll have to do is collect your keys and step into that home you've been dreaming about.

/BMOcommunity @BMO

bmo.com/homebuyersguide

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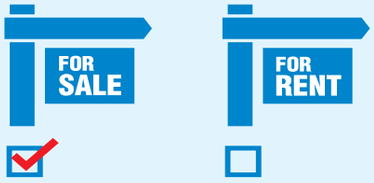
THE RIGHT PAGE.

6 POINTS TO CONSIDER WHEN BUYING A HOME

1 SHOULD I BUY OR RENT?



Buying your first home can be very exciting, but home ownership may not be right for everyone. Take a look at your lifestyle, financial situation and money management skills before jumping in. Download a budget worksheet to help you get started at bmo.com/homebuyersguide

2 HOW MUCH WOULD I NEED FOR A DOWN PAYMENT?

While a down payment of 20% of the purchase price is always recommended, you can actually put down as little as 5%. But remember, the more you put down, the less you'll need to borrow, and if your down payment is less than 20%, you will require mortgage default insurance.

3 HOW DO I SAVE FOR A DOWN PAYMENT?

Here are some simple ideas to help you save for your down payment:

- Set up a Continuous Savings Plan and set aside $100 every week. That adds up to $5,200 at the end of the year.
- Take advantage of the CRA's Home Buyers' Plan. First-time home buyers can withdraw up to $25,000 tax-free from their RRSPs[1].
- Put your change in a jar at the end of each day and then deposit it into a savings account every 6 months. BMO offers Coin Counters in select branches that are free[2] with deposits of $250 or less.

[1]The withdrawal is paid back in equal installments over 15 years, beginning the second year after the withdrawal. For full details of the Home Buyers Plan including repayment terms, visit Canada Revenue Agency's website at cra-arc.gc.ca [2]A fee of 8% is applied to the entire transaction for amounts greater than $250 deposited into the Coin Counter.

4 WHERE DO I BEGIN?

Making a checklist of everything you're looking for in your ideal home is a great way to ensure that you get what you want. A home comparison worksheet can be downloaded at bmo.com/homebuyersguide to help you with your home search.

5 DO I NEED HOME INSURANCE?

Home insurance is a great backup plan to make sure life's curveballs don't leave you financially vulnerable.

6 SHOULD I GET PRE-APPROVED?

Definitely. A mortgage pre-approval tells you how much you can afford and gives you the confidence to act quickly and make an offer when you find your dream home.

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A step-by-step guide to buying your first home.
BMO Bank of Montreal
Making money make sense®

DVD review

The Wolf of Wall Street

Director. Martin Scorsese

Stars. Leonardo DiCaprio, Matthew McConaughey

If you're down with a character arc that's as short as a crack pipe and equally resistant to temperance, then Martin Scorsese's latest picture The Wolf of Wall Street is your chance to howl.

For the first third of its wildly overlong three hours, Scorsese's film fairly bowls you over with its wild-eyed depiction of Wall Street as Animal House, with excesses of the late 1980s through 1990s that included everything from dwarf tossing to cocaine inhaling to hooker procuring. It's based on the memoirs of real-life stock scammer Jordan Belfort.

We view these antics through the wandering eyes of the title character, played with gusto by Leonardo DiCaprio (his best role yet), ably assisted by Matthew McConaughey, Jonah Hill, Jean Dujardin and Kyle Chandler.

Scorsese really loves the company of men, but they all find some distaff competition from Margot Robbie's Naomi, the model/mistress and later Belmont spouse who is anything but a Little Bo Peep.

Extras include a making-of featurette. PETER HOWELL

Scarlett's wily Widow a 'reluctant superhero'

Third time plucky.
Avenger role takes on new depth in latest Captain America

NED EHRBAR
Metro World News in Hollywood

Scarlett Johansson JACQUES BRINON/THE ASSOCIATED PRESS

Captain America: The Winter Soldier is obviously a Captain America (Chris Evans) movie, but just as important is Scarlett Johansson's portrayal of Natasha Romanov, code name: The Black Widow. The film marks her third appearance as the sole female Avenger, giving Johansson the chance to inhabit a character in a way she has rarely over her 20-year career.

"It's an interesting challenge to keep coming back to this character," Johansson says. "We saw a little bit of her in Avengers, and we saw a little bit of her backstory — we'll see more of that in Avengers 2. But in this film, we really get to see Natasha as a person who gets up, gets ready for work in the morning, has a life outside of her job once she's out of the suit. She's a woman and she has her own reality outside of this. Who knows how far that stretches."

She's also not as clear-cut a good guy as Evan's Captain America. "Natasha is a bit of a reluctant superhero. She doesn't necessarily have this strong, golden moral compass. Let's not forget, she started out her career essentially as a mercenary. I don't know if that makes her role model material," Johansson says, though she does admit those grey areas make the job that much more interesting.

Black Widow not as clear cut a good guy as Captain America

"She doesn't necessarily have this strong, golden moral compass ... she started out her career essentially as a mercenary. I don't know if that makes her role model material."
Scarlett Johansson

"One of the things that's attractive to me about the character is that she uses her feminine wiles as part of her job, but she doesn't rely on her sexuality or physical appeal to get the job done," she says. "She's extremely smart. She thinks on her feet. She's a leader. And she has a lot of foresight. Those are qualities that I think are wonderful to celebrate for young women. And of course, it's really rad for me to have my friends' kids kind of look up to that character, and dress up as her for Halloween, and play with the boys and be rough. I always say, 'The Widow always wins.' And it's true. And that's a nice sentiment."

That getting rough can take its toll, though. "I'm going to be in physical therapy for the rest of my life," she jokes. But in all seriousness, Johansson was better prepared for this round of Marvel action than the previous two. "I'd just come off of doing a Broadway run, which is pretty much the most physically demanding thing you can do. I felt like if anything was going to prepare my stamina, it was that. So everything seemed like a piece of cake after treading the boards for that long. And I think I was in pretty solid shape from that run. And then just maintaining it, [which is] boring. Get up at five, go to the gym. You know, that stuff, that's horrible."

Feel-good Fallon fires up viewer figures

Jimmy Fallon hosts a recent episode of The Tonight Show. GETTY IMAGES FILE

One month in, NBC's generational trade of Jay Leno for Jimmy Fallon at the Tonight show is succeeding beyond the hopes of executives who engineered it.

Fallon's fast start is clear in television ratings and even more stark in social media metrics. While too early to declare a new king of late-night TV, the transition is a marked change from how badly NBC fumbled the short-lived switch from Leno to Conan O'Brien in 2009.

NBC had hoped for an increase in young viewers and steeled itself to lose some of Leno's older fans, but Fallon's reception was a surprise.

When Fallon premiered on Tonight during the Olympics, the franchise hit numbers unseen since Johnny Carson's last week in 1992. Things have settled down but Fallon is still comfortably on top.

Fallon's lead over his rivals is more pronounced among viewers aged 18 to 49, the target demographic for NBC's advertising.

Fallon and NBC embrace the way that many early-to-bed consumers experience late-night television these days: By watching clips of a show's best moments online. The YouTube clip of Fallon and Will Smith acting out the evolution of hip-hop dancing has been seen more than 12.8 million times. Fallon's lip-sync duel with Paul Rudd on songs by Tina Turner, Foreigner and Queen has nearly 9 million views.

Each segment is funny, good-natured and utterly impossible to imagine Fallon's old-school predecessor doing.

"What I notice in people's reactions is not just that they like the show and think that it's funny, but they like the feel-good spirit," Harbert said. "There's a total absence of snarkiness, of cynicism. It's just there to make you feel good before you go to sleep."

The anti-show-biz style pioneered by Letterman isn't dead, said Robert Thompson, director of the Bleier Center for Television and Popular Culture at Syracuse University. But "it may have run its course to some extent," he said, and Fallon's sincerity dilutes the pure snark of Letterman and O'Brien.

"Fallon has been able to change the equation," he said. THE ASSOCIATED PRESS

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Demi's eating disorder claim was out of order, says Gaga

Lady Gaga GETTY IMAGES

Lady Gaga has heard Demi Lovato's criticism of her choice to let performance artist Millie Brown vomit on her during a concert earlier this month, but she doesn't agree with Lovato's assertion that the stunt glamorized eating disorders. "I have struggled with an eating disorder for over 10 years and I take that very seriously. I take the struggle of others very seriously," Gaga tells E! News. "I am very supportive of Demi's struggle and her recovery as well as the recovery of anyone who is suffering from that. But this performance had absolutely nothing to do with any eating disorder, and we never intended for it to be taken that way. I am really proud of the performance and really stand by the message of rage and pain that we were trying to express in that moment."

Aniston's fiancé always Justin time to bum skin-care products

Jennifer Aniston is learning the hard way that sharing your life with someone sometimes means sharing your beauty products, too. The former Friends star admits to E! Online that fiancé Justin Theroux has a tendency to sample her skincare products. "It's hysterical. What product doesn't he try to hijack?" she says. "He's good to his skin, that's for sure. It's always, 'What are you using, what is that?' It's cute." But according to Aniston, Theroux doesn't actually need much help. "He's got gorgeous skin. Perfect skin," she says.

Kanye, Kim and North in April's issue of Vogue. SCREENGRAB

On reflection, we're all sure you're a vampire ... fangs for scaring us, Kanye!

Is Kanye West a vampire? The Twitterverse certainly thinks so. BuzzFeed editor Katherine Miller was one of the first to notice that a photo from Vogue's spread on West, Kim Kardashian and baby North seemed to show that the rapper has no reflection. In the photo, Kardashian and her baby are standing in front of a mirror taking a selfie with her iPhone. West stands in front of them, taking another photo of the pair with his iPad. The problem is, the entire family seems to vanish in the mirror.

It's plausible that Kardashian is blocking her own reflection, but then what happened to West, and what's more, the photographer? Moreover, as many eagle-eyed commenters on Jezebel pointed out, the photo on West's iPad doesn't even match the angle from where he's standing, and it's unlikely the photo of the screen would be that sharp. It's clear that there has been some heavy photo-editing on the photo, which led a few users on Twitter to make their own amendments.

No boyfriend, no real friends and lonely on tour ... life ain't a Ball for Miley

Miley Cyrus' outlandish, fun and frolicking lifestyle might all be for show, as behind the scenes the Wrecking Ball singer is feeling lonelier than ever, according to Radar Online. "She's living alone in this big empty house, no boyfriend to speak of, and when it comes to friends she doesn't have any real meaningful connections. She's surrounded by party people or friends of convenience," a source says. "Being alone has always been a fear of Miley's, and she tried to pretend after the split with Liam Hemsworth that she enjoyed her newfound freedom, but the fact of the matter is that she's painfully lonely. Being on tour helps a bit right now ... but the tour ends in June. Then what?"

Twitter

@carrieunderwood
Yeah...um...this is so weird. I, like, NEVER send anything back to the kitchen, but this coffee tastes like iPhone.

@mindykaling
I am taking it so personally ethnically that my whole foods no longer makes Indian food for the hot bar

@SarahKSilverman
I'm godless in general but then I remember that panda bears exist and I'm like hold the f— up

The Word

Kunis and Kutcher's big year just got bigger with baby news

MELINDA TAUB
Metro World News

Mila Kunis has a heck of an engagement present for her new fiancé, Ashton Kutcher: She's pregnant. A source confirmed to E! Online that Kunis and Kutcher are expecting a baby. "This is something they both wanted," an insider told Us Weekly. "They are both so happy."

In case you were worried that the child might be born to an inflexible mother, worry no more — Kunis has recently been spotted attending prenatal yoga classes.

Kutcher has been doing his part to prepare for the happy event, too. A source says he's comparing fatherhood tips with Danny Masterson, who co-starred with them on That '70s Show. Masterson welcomed a baby girl in February with his wife Bijou Phillips.

This has been a big year so far for the former sitcom costars. News of their engagement broke in February, when Kunis was spotted sporting a large diamond ring on the big deal finger. Though they've known each other since 1998, when both were cast on That '70s Show, Kunis and Kutcher only began dating in 2012.

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An 'F-You' you'll want to hear

Forgiveness. What does it look like? The founder of the Forgiveness Project answers that question, and more

IZABELA SZYDLO
life@metronews.ca

Tara Muldoon wears her heart on her sleeve — literally. A tattoo on her forearm reads, "Forgive me forgive you". For someone who teaches emotional healing for a living, it's a fitting reminder.

Muldoon is the founder of F-You: The Forgiveness Project — a Toronto-based social initiative of panel discussions featuring speakers who have gone from victim to survivor, and found forgiveness in the process. Since 2010, Muldoon has helped thousands of people embrace the healing process. "At the Project, we ask, 'What would it look like if you were to forgive yourself or another today?' I have not met a person yet who regrets forgiving."

Having launched F-You after she was raped, Muldoon says there's no "one size fits all" method to forgiveness, but there are common steps to follow. "The anatomy of forgiveness involves going through that time of anger and mourning, then trying to understand the situation, and having compassion for the person and yourself," she says. "When I'm ready, I ask myself, 'what was their intention? What were they going through?' That makes them a person instead of a label like my best friend or my dad. The other person has a story, too."

In her experiences, Muldoon finds people have a difficult time forgiving because it is perceived as accepting the other person's actions. "Forgiveness isn't to say that person was right but that you're stronger," she explains. "I really want to challenge the belief that to forgive is to accept the action."

Tara Muldoon is the founder of F-You: The Forgiveness Project. PAVEL KOUNINE

A growing body of research is finding health benefits to forgiveness. A study by the Mayo Clinic shows holding a grudge may have an affect on our cardiovascular and nervous systems. In one study, people who focused on a grudge had elevated blood pressure and heart rates, increased muscle tension and feelings of being less in control. When asked to imagine forgiving the person who hurt them, participants said they felt more positive and relaxed and the physical symptoms dissipated.

And what if you're the perpetrator wanting to apologize? "Don't say sorry unless you're truly in a place to do it," Muldoon says. "I don't think there's a lot more that's damaging than apologizing to someone only for it to go backwards. We want to value and honour our relationships, so don't do that same thing you apologized for a second time."

With Muldoon's second collection of stories on forgiveness in the works (the first was released last summer), and hopes for a cross-Canada tour, she's working hard to spread F-You's message.

"Knowing I help to heal people gives purpose to the rape and pain I felt," says Muldoon. "You're the one drinking the poison when you're angry. When you realize that hurt people hurt people, everything changes."

Forgiveness times four

Muldoon breaks down four types of forgiveness that are dealt with at F-You.

- **Forgiving yourself.** "This is making sure you do what you need to remove guilt that affects your decisions and actions."
- **Forgiving another person.** "Remove the labels from relationships, understand people are human and bad stuff happens, but you have a life to live."
- **Spiritual-based forgiveness.** "Those who are spiritual will ask whatever we believe in for forgiveness and unless we see a huge sign, we don't accept that. If your apology is genuine, it is enough."
- **Being forgiven by another person.** "Make sure what you think of yourself doesn't depend on that person. If they need their time, that's fine, but you have to work with that and move on."

Manifest the things you want

There are steps to manifesting our desires. ISTOCK

Even if you're more than a dabbler in the art of manifesting, the skill can always be honed and improved. For the unfamiliar, manifesting is the practice of tuning your body and mind's energetic vibration to a high frequency. That may sound heady, but we're all beings of energy. When our energy vibrates at a low level we attract low-level circumstances. But when our energy is in a high vibration we attract positive outcomes.

To create powerful manifestations, we must believe in our desires. As Dr. Wayne Dyer, self-help author and motivational speaker says, "I'll see it when I believe it."

If you're ready to take your manifesting skills to the next level, first cultivate a greater sense of knowing with these three steps.

Surrender

Get into the daily practice of surrendering to your desires. Set daily intentions to release your attachment to the outcome and to release all expectations. This practice helps you get out of the way to let the universe do its thing.

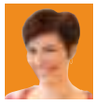
Imagine

To manifest, you must be able to feel the feeling of the experience before it even happens. How do you access that? It's simple: Use your imagination! Sit in stillness and think your way into the experience that you want to create. Let your imagination guide you to tap into the images you want to see and the feelings you want to feel. Your imagination is your greatest resource for creating new experiences in your life. Spend five minutes a day practising this imagination exercise.

Feel like you're already there

In time, through the imagination process, you'll feel what it's like to experience your desires. Write down clearly what that feels like. In your daily life, do whatever it takes to tap into that feeling. For instance, if you're manifesting more money, focus your attention on everything you already have to cultivate a sense of abundance. Or if you're manifesting a healthy body, make time to move more and energize yourself. GABBY BERNSTEIN, METRO WORLD NEWS IN NEW YORK CITY

The towering power of superfoods



NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

Layering superfoods gives the most bang for your buck. Feel free to mix and match ingredients. Just be sure to choose items that are slightly sticky to make your mould hold. Leftover mashed potatoes, sweet potatoes, squash and hummus work well interspersed between less sticky layers.

This dish pleases vegans and vegetarians and is gluten-free but it can also be a great appetizer or side dish with grilled meat, chicken or fish.

Save an empty tin can and remove both lids, keep one lid for pressing. This is a great method to make any dish or dessert restaurant pretty!

I like to collect a variety of sized cans and save multiples to make the process go faster.

1. Layer 2: Simmer red onion slices in 1/2 cup Bloo blueberry juice until onion is softened but holds shape and absorbs juice.

2. Layer 4: Using the same sauté pan as used for Layer 2, place kale and spinach in pan pour 1/2 cup of Bloo blueberry juice over top and 1/2 teaspoon salt. Sauté until rendered down about 3 minutes. Remove from pan set aside and reserve any liquid. You'll use the same pan to make blueberry drizzle with any remaining liquid, so set it aside.

3. Layer 5: Pierce and microwave a sweet potato until soft then mash with butter.

4. Layer 7: Use leftover mashed potatoes or double up on the sweet potato layer.

5. Blueberry Drizzle Reduction: Simmer with a whisk until combined and slightly thickened. Set aside.

6. Layer assembly: Use an empty can as mold for tower with bottom and top removed (reserve one lid to make unmolding easier. Oil inside of can, place on plate. Add 3-4 tablespoons of hummus, smooth out with spoon. Add onion layer, flatten with spoon, add 3-4 tablespoons of goat cheese and smooth. Place kale/spinach mix next making sure surface is covered. Smooth out with spoon. Add 3-4 tablespoons of mashed sweet potato mixture, smooth out with spoon. Add roasted peppers next, in circular layer cover surface, pat down with spoon. Using 3-4 tablespoons of mashed sweet or leftover white potato for top layer smooth with spoon to cover area and create a very smooth top. Gently place the lid ring on top and firmly press before you slide the can upward over the veggie tower and repeat for other towers. Decorate top with micro greens and drizzle with blueberry drizzle reduction. **THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND TORONTO PERSONAL NUTRITIONIST. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM/ RECIPE COURTESY BLOOJUICE.COM**

Ingredients

Layer 1
- Hummus

Layer 2
- 1/2 cup (125 ml) Bloo blueberry Juice
- 1 large sweet onion sliced (1/4 inch or .6 cm thick)

Layer 3
- 2 cups (500 ml) plain goat cheese at room temperature

Layer 4
- 8 Cups (2000 ml) baby kale / spinach mix
- 1/2 cup (125 ml) Bloo blueberry Juice
- 1/2 tsp (2.5 ml) salt

Layer 5
- 2 medium sweet potatoes peeled
- 2 tbsp (30 ml) unsalted butter

Layer 6
- 1 jar roasted red pepper strips

Layer 7
- Leftover mashed potatoes

Layer 8
- Micro greens or edible flowers

Blueberry Drizzle Reduction
- 1 cup (250 ml) Bloo blueberry juice
- 1 cup (250 ml) red wine
- 1 tbsp (15 ml) balsamic vinegar
- 1 tbsp (15 mL) unsalted butter

This recipe serves six. BLOOJUICE.COM

Tabbouleh takes ancient grains route

1. Heat saucepan over medium-high heat and drizzle bottom with some of the virgin coconut oil. Add quinoa; toast, stirring frequently, 2 minutes or until dry. Add water and bring to boil. Reduce heat to lowest setting, cover and cook for 15 minutes. Remove from heat and let quinoa sit, covered, 5 minutes. Fluff with fork, transfer to a large bowl and let cool.

This recipe serves two to three.
THE CANADIAN PRESS

2. Meanwhile, heat another saucepan over medium-high heat. Add remaining coconut oil and chopped onion. Cook, stirring frequently, until onion is translucent, 4 minutes. Add cumin, coriander, red pepper flakes, tomato paste and red pepper paste. Cook, stirring, for another 3 to 4 minutes. Let cool.

3. Add paste mix to quinoa and toss gently until incorporated. Add tomatoes, green onions, mint, parsley, lemon juice, coconut nectar and grapeseed oil. Toss gently. Season with salt and pepper.

THE CANADIAN PRESS/ THRIVE ENERGY COOKBOOK: 150 FUNCTIONAL, PLANT-BASED WHOLE FOOD RECIPES BY BRENDAN BRAZIER (PENGUIN CANADA, 2014).

Ingredients
- 50 ml (1/4 cup) virgin coconut oil
- 250 ml (1 cup) quinoa (any colour), rinsed and drained
- 500 ml (2 cups) water
- 1 large sweet onion, finely chopped
- 30 ml (2 tbsp) ground cumin
- 15 ml (1 tbsp) ground coriander
- 15 ml (1 tbsp) red pepper flakes
- 15 ml (1 tbsp) tomato paste
- 15 ml (1 tbsp) Mediterranean red pepper paste
- 2 medium tomatoes, seeded and diced
- 6 green onions, finely chopped
- 5 or 6 fresh mint leaves, torn
- 375 ml (1 1/2 cups) fresh Italian parsley, chopped
- 30 ml (2 tbsp) lemon juice
- 15 ml (1 tbsp) coconut nectar
- 15 ml (1 tbsp) grapeseed oil
- Sea salt and freshly ground black pepper, to taste

Recently acquired Blues goalie Ryan Miller blocks a shot against the Predators on March 6 in Nashville. MARK HUMPHREY/THE ASSOCIATED PRESS

Miller not quite in tune with new team

NHL. New Blues goalie says he's still getting comfortable despite a solid start in St. Louis

The paint has barely dried on Ryan Miller's new St. Louis Blues mask, and the veteran goaltender is still adjusting to life with his new team.

Miller was very used to Sabres hockey after eight-plus seasons as the man in net in Buffalo. Ten games into this next chapter, he's 7-2-1 with impeccable stats but is still trying to iron out some subtle elements of his game.

"It's just more learning about our team and setting up for tendencies," Miller said Monday in Toronto "You get used to playing with a team in different situations over the course of a couple years sometimes and tendencies come out and you kind of look for certain things. Here, you don't really have that, you've got to kind of figure it out."

A lot has been figured out already: The Blues know Miller is a stellar goaltender, and they're already in the playoffs thanks to some remarkable consistency this season. A bulk of that happened with Jaroslav Halak and Brian Elliott between the pipes, which is a testament to coach Ken Hitchcock's shot-blocking system and those goalies' ability to play behind it.

"For a goalie that plays aggressive, it's an adjustment because sometimes pucks are bouncing the wrong direction," Hitchcock said. "Went through the same thing (in Dallas) with Ed Belfour, and it took Eddie 30 days before he caught on to the way we were playing, and once he caught on, then his skill took over and he was great."

In his first season with the Stars, Belfour led the NHL with a 1.88 goals-against average. By the end of his second season, he helped Dallas win the Stanley Cup.

Doing that now — not a year from now — is the goal for the Blues, who lead the Western Conference and are competing against the Boston Bruins for the Presidents' Trophy. That was a realistic possibility before acquiring Miller and centre Steve Ott from the Sabres for Halak, forward Chris Stewart, prospect William Carrier and two high draft picks.

THE CANADIAN PRESS

Veteran presence

"I think with Ryan Miller ... he's just sorting it out on the ice, getting better every day, but the impact he's had is in his professionalism." St. Louis Blues coach Ken Hitchcock

MMA

Weidman and Machida's UFC 173 bout postponed

Middleweight champion Chris Weidman has a knee injury, forcing the UFC to postpone his May 24 title bout against Lyoto Machida for six weeks.

Weidman (11-0) was expected to make his second title defence at UFC 173 in Las Vegas, but the Long Island-based mixed martial artist needs minor surgery.

THE ASSOCIATED PRESS

Tennis

Milos Raonic earns another milestone

Canada's Milos Raonic defeated Spain's Guillermo Garcia-Lopez 6-1, 6-2 on Monday to reach the fourth round of the Sony Open for the first time in his career.

Milos Raonic
THE ASSOCIATED PRESS

The No. 12 seed needed just 56 minutes to complete the victory. He fired 10 aces and had service breaks on four of eight chances.

THE CANADIAN PRESS

Golf

"I've had a couple weeks off and getting treatment and just working on trying to get ready for Augusta. As of right now, it's still too soon, which is ... pretty frustrating."

Tigers Woods on his chances of playing in next month's Masters championship.

Argos for sale, Lions not: David Braley

The B.C. Lions are not up for sale; however, the Toronto Argonauts are. That's according to David Braley, who owns both Canadian Football League franchises.

A report in the Toronto Sun states both the Lions and Argos are up for sale, with price tags of $60 million and $20 million, respectively.

Speaking briefly via telephone on Monday, Braley told Metro that the Lions are not up for sale. He also denied that the asking price for the Lions was $60 million. He suggested the combined price of the two teams might total $60 million but did not confirm that, saying he had yet to see the Toronto Sun report.

The Argonauts, which the former senator took over in February 2010, are on the market, Braley said. In January, there were numerous reports out of Toronto indicating Maple Leafs Sports and Entertainment has a strong interest in the Argos.

That has also included the prospect of the Argos perhaps one day playing at BMO Field, current home of Toronto FC. Last September, the Argos and Rogers Centre agreed to a lease deal through 2017.

"I'm in the process of discussing that with potential buyers now. I don't know if that will happen," Braley said.

"But the Lions are not for sale at this time."

Braley took ownership of the Lions in 1997. A report in the National Post in September stated that Braley is planning to sell both franchises by the time he turns 75, so roughly within the next two years.

On Monday, Braley left open the possibility of still owning one of those franchises — likely the Lions — past that birthday.

He said he was going to sell one of the teams by the time he was 75 years old — "It will more likely be Toronto first," he said.

"It's possible both teams could be sold but not likely."

CAM TUCKER/METRO IN VANCOUVER

Horoscopes

♈ Aries
March 21 - April 20
As Mars is moving retrograde through your opposite sign of Libra you clearly need to get serious about a relationship one way or the other. Either commit yourself to it 100 per cent or end it once and for all.

♉ Taurus
April 21 - May 21
The planets will enable you to push harder and get more things done today but give some thought to your health as well. Don't go to extremes.

♊ Gemini
May 22 - June 21
Mars in Libra makes all things possible but for best results be selective. Don't waste your time and energy on a dozen aims because that will dilute your chances of success. Choose one and stick to it.

♋ Cancer
June 22 - July 23
You may not be able to see things from another person's point of view but you do have to recognize that they have a point of view – and that it's valid.

♌ Leo
July 24 - Aug. 23
You're not the sort to stick with what you know. The more you are on the move today, the more you are meeting new people and trying new things, the more likely it is you will find happiness.

♍ Virgo
Aug. 24 - Sept. 23
Something will go out of your life over the next few days and you must not try to cling on to it. The planets suggest that something even better will appear to take its place around the time of next weekend's new moon.

♎ Libra
Sept. 24 - Oct. 23
Mars in your sign endows you with huge amounts of energy. However, as Mars is going through one of its retrograde phases you must be careful about how you use that energy. Don't make changes that cannot be changed back.

♏ Scorpio
Oct. 24 - Nov. 22
You are in possession of information that could be dangerous to the kind of people who would do almost anything to make sure it stays private so maybe you should keep it to yourself.

♐ Sagittarius
Nov. 23 - Dec. 21
The planets warn that you may have to end friendships that no longer meet your needs. Once you have done that there will be room in your life to start new ones with people more like you.

♑ Capricorn
Dec. 22 - Jan. 20
Mars, planet of action and ambition, is moving through the career area of your chart, so chances are you will be even more go-getting than usual.

♒ Aquarius
Jan. 21 - Feb. 19
With both the Sun and Uranus moving through one of the better areas of your chart you no doubt feel ready for a new adventure. Just plan your route carefully.

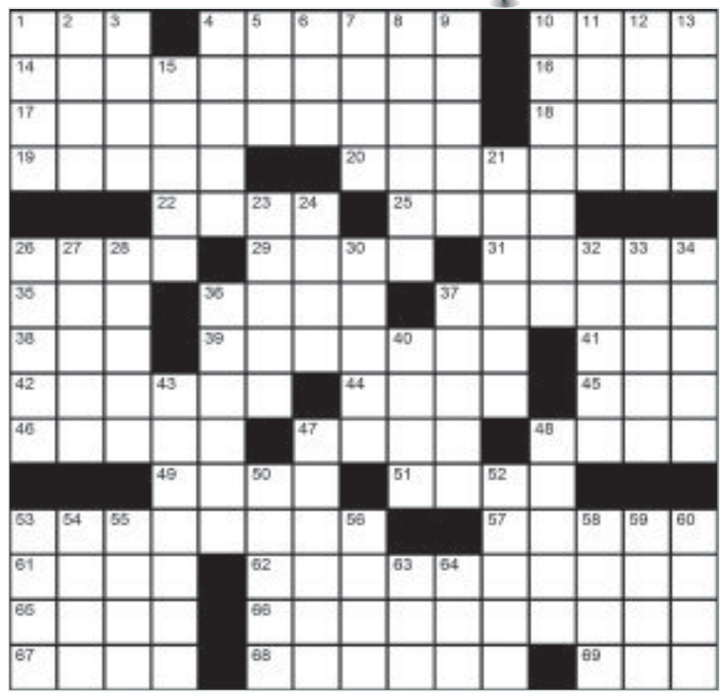
♓ Pisces
Feb. 20 - March 20
Be secretive about money matters today. According to the planets your rivals are on the lookout for opportunities to grow rich at your expense so stay sharp and don't let it happen.

SALLY BROMPTON

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

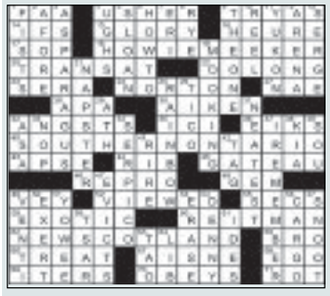
BY KELLY ANN BUCHANAN



Across
1. Ms. Stubbs of "Sherlock", on Showcase
4. Mr. Bumble's gig in Oliver Twist
10. Wit
14. Canada's __ (1967's significance)
16. Place
17. 75th Anniversary! Coffee Crisp's slogan: 'makes a nice __ __'
18. Concept
19. __ Bay, BC
20. '90s comedy series
22. Blinkers
25. ICU part
26. Smart
29. Clever remark
31. Skeleton segments
35. Casino cube
36. Catapult
37. Warm ocean current: 2 wds.
38. Boat's blade
39. Princess Beatrice's sister
41. Islet
42. Hull and Orr
44. "Happy __" (2006)
45. Helios' 'H'
46. Magazine piece
47. Needle case
48. War god
49. Benchmark
51. Stable offspring
53. Ontario: __ Falls, 'The Garden Town of the North'
57. "...it ain't ___ / I wanna see..." - *NSYNC, "Bye Bye Bye"
61. "Shark Tank" tycoon Daymond John's clothing line
62. Canadian author Michael Ondaatje's bestseller set in Sri Lanka: 2 wds.
65. Tropical destination
66. New __ Party of Canada
67. Broadway tune: "All __ Jazz"
68. Anvil-user's workshop
69. 'Fool' suffix

Down
1. Sch. in The States
2. Mr. Peart of #54-Down
3. Brad's beloved, briefly
4. Ms. Kennedy (Panelist on Canadian quiz show classic "Front Page Challenge")
5. NnNnn
6. Lesley __ Warren
7. "Buenos __!"
8. Tie one's shoes: 2 wds.
9. The MacGuffin author, Stanley __
10. Mr. Murray of The Tenors
11. __-de-camp
12. Stagger
13. Couplet
15. Afternoon hour
21. Canned corn bit
23. Horse play
24. OR pro
26. Sun-dried brick
27. Byes, in Milan
28. Recipe extras
30. "_ __ a sandwich for you on the counter." (Kitchen chitchat)
32. Less unkind
33. Related maternally
34. Some beans, variantly
36. Song by 2014 Canadian Music Hall of Fame inductees Bachman-Turner Overdrive: 2 wds.
37. Farm song letters
40. Nine: French
43. Medieval meal
47. "Lose Yourself" rapper
48. Waikiki greeting
50. Paved places
52. Mad
53. "Don't know __ __ matters, but..."
54. Toronto band
55. "__-__-Di..." (Beatles song title bit)
56. Ms. Sara, Canadian broadcaster
58. French author, Pierre __
59. Ancient Egyptian goddess
60. Carve in a name
63. Fate
64. Bldg. with chalkboards

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

			3	7			5	8
4	2			9	8			7
	3				6		9	
	7	4				1	2	
	9		5				7	
9			2	4			3	1
6	1			5	9			

Yesterday's Sudoku

4	5	2	9	3	8	7	1	6
3	8	7	1	5	6	9	4	2
6	9	1	2	7	4	5	8	3
2	7	3	4	1	9	6	5	8
1	6	9	5	8	2	4	3	7
5	4	8	3	6	7	1	2	9
8	2	4	7	9	5	3	6	1
7	1	5	6	2	3	8	9	4
9	3	6	8	4	1	2	7	5

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